



Three abs muscles BODYBUILD triple set for maximum hypertrophy and strength

Here's a high-tension ab **triset** you can run 2–3x/week as a finisher for max hypertrophy and strength of the six-pack and obliques.^{[1][2][3][4]}

Exercise selection

All three hit rectus abdominis hard, with oblique carryover:

1. Hanging leg raise (or knees-up)
 - Target: Rectus abdominis (entire length), strong lower-emphasis, high EMG activation.^{[2][3][4]}
 - Cues: Posterior pelvic tilt at the top, no swinging, control 2–3 s down.^[2]
 - Regression: Captains-chair knee raise.
2. Kneeling cable crunch
 - Target: Rectus abdominis, especially upper portion, heavy loadable.^[2]
 - Cues: Hips fixed, think “ribcage to pelvis,” full spinal flexion, constant tension.^[2]
 - Load: Pick a weight that makes 8–12 reps hard while keeping form.
3. Ab wheel rollout (from knees or standing to box)
 - Target: Rectus abdominis plus strong internal/external oblique and whole-core stability, very high EMG.^{[3][2]}
 - Cues: Brace like a heavy squat, no lumbar sag, reach long, 2–3 s out, 2–3 s back.^[2]
 - Regression: Swiss ball rollout or body-saw plank.

Triset structure

Run the three back-to-back, then rest:

- Order (heaviest to least loadable dynamic):
 - a. Hanging leg raise → 2) Cable crunch → 3) Ab wheel rollout.^{[5][6][7][2]}

- Reps:
 - a. Hanging leg raise: 8-12
 - b. Cable crunch: 10-15
 - c. Ab wheel: 8-12 quality reps
- Tempo: 2-3 s eccentric on all three to maximize tension and hypertrophy.^[2]
- Rest: 60-90 s after the third move.
- Sets: 3-5 trisets, depending on total ab volume in your program.^{[8][1]}

Example:

- Set A:
 - o Hanging leg raise 10
 - o Cable crunch 12
 - o Ab wheel rollout 10
 - o Rest 75 s
- Repeat for 3-4 total rounds.

Programming notes

- Place this triset at the end of your main lifting day so core fatigue doesn't compromise heavy compound work.^{[6][1][5]}
- Use progressive overload: add total reps, slow the negative, then add load (ankle weights on raises, more cable load, weighted vest for rollouts).^{[6][2]}
- Run for 6-8 weeks, then rotate variations (toes-to-bar, decline cable crunch, standing rollout, oblique emphasis like cable woodchop) while keeping the same triset structure.^{[1][8][3][2]}



Women of such

For women, you can use the same three-exercise ab triset, but take advantage of higher endurance and slightly slower hypertrophy by biasing volume and tension.^{[11][12][13]}

Three-muscle “women of such” triset

Hit upper RA, lower RA, and obliques each round:

1. Reverse crunch on bench (legs unsupported)
 - Focus: Lower rectus abdominis, external obliques via posterior pelvic tilt.^{[14][11]}
 - Cues: Hips roll off bench, think “curl tailbone to ribs,” slow 3 s down, no leg swing.^[11]
 - Reps: 12–20.
2. Cable crunch (rope)
 - Focus: Upper rectus abdominis with heavy, loadable resistance.^{[15][14]}
 - Cues: Hips locked, spine flexes, ribs to pelvis, pause at bottom, 2–3 s up.^[15]
 - Reps: 10–15, progressive load over weeks.
3. Side plank hip dip (each side)
 - Focus: External obliques and deep lateral stabilizers; great for female hip–core linkage demanded in sport.^{[16][17][18]}
 - Cues: Straight line ear–ankle, ribs down, lift and gently tap hips each rep, 2 s hold at top.^{[17][16]}
 - Reps: 8–15 per side.

Run as:

- Order: Reverse crunch → Cable crunch → Side plank hip dips.^{[11][15]}
- Rest: 0 s between exercises, 60 s after the side planks.
- Sets: 3–5 trisets, 2–3x/week depending on total core volume.^{[19][13]}

Women-specific tweaks

- Volume bias: Women typically tolerate more moderate-rep work and recover faster between sets; use the top of the rep ranges and consider an extra triset if recovery is good.^{[12][13][18]}
- Tempo hypertrophy: Keep 2–4 s eccentrics on all movements to increase time under tension without needing joint-heavy loading.^{[13][14][11]}

- Cycle sync (optional): Push to 4–5 trisets and the heaviest cable loads in mid-follicular/ovulatory phases, and back off 20–30% volume in late luteal if fatigue or cramps spike.^{[18][12][13]}

Example for your female lifter:

- 3–4 rounds of:
 - o Reverse crunch 15–20
 - o Cable crunch 12–15 (add weight when she hits 15 on all sets)
 - o Side plank hip dips 10–12/side
 - o Rest 60–75 s

That keeps the same three-muscle BODYBUILd triset concept, just tuned to how girls, ladies, and women typically respond best.

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